

# DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION  
351 North Mountain View Avenue, Third Floor ♦ San Bernardino, CA 92415-0010  
(909) 387-9146 ♦ Fax (909) 387-6228

ALLAN RAWLAND, MSW, ACSW  
Acting Public Health Director

TRUDY RAYMUNDO  
Acting Assistant Director of Public Health

MAXWELL OHIKHUARE, M.D.  
Health Officer

## FOR IMMEDIATE RELEASE

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CONTACT: Maxwell Ohikhuare, M.D.  
Health Officer  
(909) 387-6218

## San Bernardino County Public Health Officer Issues Extreme Heat Advisory to Residents

SAN BERNARDINO. San Bernardino County Public Health Officer Dr. Maxwell Ohikhuare has issued an extreme heat advisory for San Bernardino County, due to high temperature forecasts for inland and desert regions. Residents are urged to take precautions that will prevent heat-related illness.

Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use can make it harder for the body to stay cool in hot weather. While the heat advisory is in effect, follow these steps:

- **Get plenty to drink**
  - Drink more water, juice and sports drinks
  - Avoid drinks with caffeine (tea, coffee and cola) and alcohol
  - Talk with your doctor first if you take water pills, or are on a low-salt diet
- **Stay cool indoors**
  - Stay in an air conditioned area, if possible
  - If you don't have air conditioning, go to a public building or shopping mall for a few hours – **dial 2-1-1** to ask about **Cooling Centers** near you, or visit the website at [www.coolingsb.org](http://www.coolingsb.org).
  - A cool shower or bath is also a good way to cool off
- **Wear light clothing and sunscreen**
  - Choose lightweight, light-colored and loose-fitting clothing

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Gregory C. Devereaux  
County Administrative Officer

Board of Supervisors  
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- Choose lightweight, light-colored and loose-fitting clothing
- A wide-brimmed hat will keep your head cool
- Use sunscreen with a sun protection factor (SPF) of 15 or higher and reapply every two hours while in the sun (all skin types)
- **Schedule outdoor activities carefully**
  - Try to be less active during late afternoon, the hottest part of the day
  - Rest often in a shady area
  - Never leave kids or pets in a parked car
- **Pace yourself**
  - Take frequent, regularly scheduled breaks
  - If your heart pounds or you get out of breath, lightheaded, weak, or feel faint, stop your activity and rest in a cool or shady area
- **Use a buddy system**
  - Check on your friends and family and have someone do the same for you
  - Check on the elderly and people with health conditions twice a day during a heat wave

Warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Take steps to cool the body. Drink cool, nonalcoholic beverages, take a cool shower, bath, or sponge bath. Seek an air-conditioned place. Wear lightweight clothing.

For more information about extreme heat, visit [www.bepreparedcalifornia.ca.gov](http://www.bepreparedcalifornia.ca.gov).

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